



FOR IMMEDIATE RELEASE

CONTACT: **Melissa Halas-Liang**
Super Kids Nutrition
melissa@superkidsnutrition.com
626-818-6299

This Valentine's Day Super Kids Nutrition Challenges Parents, Teachers and Kids to be Heart Healthy for Valentine's Day Celebrations!

Los Angeles, California, February 1, 2011 – In 1963, with support of American Heart Association, February was proclaimed American Heart Month. This month Super Kids Nutrition is challenging teachers, parents and kids to make heart healthy food choices! Even the youngest Americans are turning up with precursors of heart disease. 61% of overweight 5 to 10 years olds already possessed at least one major risk factor for heart disease, and 26% possessed two or more factors! With heart disease remaining nation's #1 killer America needs to wake up and change its ways. What a better time than Valentines Day! And as you're surrounded by hearts in all shapes and forms, this is a great opportunity to show those you care for how you care about their heart.

With the mission to "save the world, one healthy food at a time," Super Kids Nutrition is offering advice on how schools and families can make this February a heart-healthy month and encourage long-term lifestyle changes. Just remember, the key to healthy living is to always make it fun. With so many exciting activities and healthy food ideas available online, teaching your kids and families to eat and live heart-healthy has never been easier. "The key to teaching kids about healthful eating is through fun, hands-on educational opportunities," said Melissa Halas-Liang, Super Kids Nutrition founder. This month, the organization's website – www.superkidsnutrition.com encourages schools and families to say "no" to traditional sugar-laden Valentine's parties and offers advice on "heart-healthy Valentine Day celebrations" for schools and families along with most nutritious, easy and delicious recipes that will keep kids happy and their hearts healthy.

Revamp your family or classroom's Valentine's Day celebration with these easy tips.

Not all Hearts Come in Chocolate - create a magnificent masterpiece for your party table with colorful berries arranged on a tray in heart shape. Your heart will thank you for this dessert!

Think Beyond Hershey's Kisses - Instead of traditional candy attached to your Valentine cards, make it a special sticker, pencil or an eraser this year.

Indulge in Sweets with Benefits. Make your own heart-healthy desserts by dipping fresh and dried fruits in dark chocolate, rich in antioxidants protecting our heart.

Give the most important muscle a workout! Make it a dance party, a jumping party, or balance-a-balloon-on-your-head party. The possibilities are endless!

Give kids the gift of love - knowledge! Teach them about their heart, how to find their heart beat and what they should do to keep their hearts healthy.

Be hearty to those who need it most. Run a food or clothes drive in your school and donate the items to local shelters.

The best way to show our kids how much we love them is to give them a healthy heart! The [Super Crew](#) makes healthy eating fun for kids!

Super Kids Nutrition also offers a series of books featuring the [Super Crew®](#) to further teach kids about fun and healthy eating. *Havoc at Hillside Market* promotes farmer's markets and fresh produce and in *Super Baby Abigail's Lunch Time Adventure*, the Super Crew® grows their own garden to have the freshest tasting ingredients for their super-sandwich. Both books feature the Super Crew® characters, superhero kids who get powers from eating healthy foods of certain colors. In addition to the stories, each book provides parents with ideas on how to interest children about healthy nutrition and trying new foods. Books are available at superkidsnutrition.com.

About Super Kids Nutrition

Super Kids Nutrition Inc., was founded in August 2006 by Melissa Halas-Liang, MA, RD, CDE, to save the world one healthy food at a time™. The Super Kids Nutrition team also represents a diverse, nationally recognized group of Registered Dietitians and nutrition professionals who specialize in childhood, school and family nutrition. Super Kids Nutrition is recognized and listed by state board educational sites as a credible nutrition education resource providing nutrition content, school and parent newsletters, parent Q and A and resources with over 10,000 schools in 23 states. The Super Kids Nutrition website, books and other educational resources are available to parents, teachers, and healthcare professionals looking for tools and information on eating healthfully and raising a healthy family. To learn more, visit <http://www.superkidsnutrition.com> or [join us on facebook](#).

###